



**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
www.fremont.gov

# April

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**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) <b>10-12 ICC Yoga &amp; Meditation</b> 12:30 Beg Spanish 12:30 Games 12:30 Quilter's Lab 12:45 Healthy Lifestyles <b>1-2 ICC Roundtable</b> 1:00 Painting Class 1:00 Bingo! 1-3 Caregivers Support Human Services Large Conf. Room 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>4</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening <b>10-1 AARP Income Tax-Aide</b> 10:00 Creative Writing 11:00 Paratransit Reg - appt) <b>12:45-2:45 Karaoke-Com Cen</b> 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>5 San Francisco Zoo</b> 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>6</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax- Aide</b> 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	<b>7</b> <b>9:30-3 Washington on Wheels</b> <b>8:15-12 AARP Driver Safety (must register, fee)</b> 8:30 Walkers 9:00 Pinochle, Canasta <b>9:30 Chinese Calligraphy</b> 10:00 Bridge <b>1-3 AARP Income Tax- Aide</b> 1:00 Pinochle & Canasta 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
<b>10</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>11</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening <b>10-1 AARP Income Tax-Aide</b> 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) <b>12:45-2:45 Karaoke-Com Cen</b> 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>12</b> 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts <b>10:00 AC Transit picture ID (appt)</b> 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1-4:45 Afghan Women <b>1-4 Footcare - appt</b> 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>13</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax- Aide</b> 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness <b>9-12 Blood Pressure Screening</b> 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>14</b> <b>8:15-12 AARP Driver Safety (must reg. fee)</b> 8:30 Walkers 9:00 Pinochle/Canasta <b>9:30 Chinese Calligraphy</b> 10:00 Bridge <b>1-4 AARP Income Tax- Aide</b> <b>1:30 Birthday Party! Entertainment by The Sweet Harps</b> 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
<b>17</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) <b>10-13 ICC Yoga &amp; Meditation</b> 12:30 Beg Spanish 12:30 Games 12:30 Quilter's Lab 12:45 Healthy Lifestyles: <b>1-2 ICC Roundtable</b> 1:00 Bingo! 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b>	<b>18</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Reg - appt. 12:45 Crafts <b>12:45-2:45 Karaoke-Com Cen</b> 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>19</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9-12 Case Mgr. Appts 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) <b>1-3 Golf Putting Class- 12 spots - signup free, fun &amp; prizes</b> 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	<b>20</b> 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>21</b> 8:30 Walkers 9:00 Pinochle/ Canasta <b>9:30 Chinese Calligraphy</b> <b>9:30 Sr. Commission Meeting</b> 10:00 Bridge <b>12-2:30 Peer Counseling Graduation</b> <b>12:30 Bridge 1 - Begin. 8 week class - \$93</b> 1:00 Piano & Guitar 1:45 Needlecrafts <b>2:45 Bridge 2 - Compet. Bidding 8 week class - \$93</b> 3:00 Tai Chi
<b>24</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board 10:00 Harmonica (Carlton) 11-3 Amer. Muslims Mtg. 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish <b>6-7:30 Line Dance Class Drop-in \$6</b> 7-9 Parkinsons Support	<b>25</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts <b>12:45-2:45 Karaoke-Com Cen</b> 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	<b>26</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice <b>10:00 Legal Assist. for Seniors</b> 10:00 Current Events 1-4:45 Afghan Women <b>1-4 Footcare - appt</b> 1:00 Pinochle/ Canasta 1:00 Mah Jongg <b>2:00 Volunteer Thank You Ice Cream Social</b> 6:30 Tole Painting Class 7:00 Woodcarvers	<b>27 Jackson Casino</b> 8:15 Senior Fitness <b>9-1 AARP Income Tax- Aide</b> 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness <b>9-12 Blood Pressure Screening</b> <b>9:30 Facility Sub. Comm. Meet</b> 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	<b>28</b> 8:30 Walkers <b>9:30 Chinese Calligraphy</b> 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business <b>12:30 Bridge 1 - Begin. 8 week class - \$93</b> 1:00 Piano & Guitar 1:00 Pinochle/ Canasta 1:45 Needlecrafts <b>2:45 Bridge 2 - Compet. Bidding 8 week class - \$93</b> 3:00 Tai Chi